



**Training Cycle:**  
**Cycle Duration:**  
**Work Week**  
**Focus:**

**Phase 3**  
**6 Weeks**  
**2/6**  
**Enhanced Strength | Speed | Endurance**

**Intensity Note:**

- **Blue highlights indicate HR Zone 2 or less (Builds your aerobic engine – burns fat as a primary fuel source)**
- **Red highlights indicate HR Zone 3+ (Builds your strength & speed – burns stored sugar as a primary fuel source)**

**Monday**

- **Body Analysis:** please use your Coach Robb Report Card to log this information for evaluation purposes
- **Complete Rest Day**  
**Misc. Notes:** if logistically possible, sleep in and don't begin your day with an alarm; instead wake up when your body is ready (Note: this may mean that you need to go to bed a little early to fit your personal schedule). Before getting out of bed, lay flat on your back and relax; focus on diaphragmic breathing and maximizing your oxygen uptake. After you become completely relaxed, I want you to get the small of your back (right above your butt) flat on your bed. If you are not able to keep your lower back flat on the bed, take some extra time and foam roll your quads, ITB and glutes. By doing this, you will improve the range of motion within your hips and legs – this will enhance your biomechanics as an athlete.
- **Evening Protocols**  
**Misc. Notes:** when you lay down to go to sleep, your goal is to get to sleep as quickly as possible, sleep as deep as possible and stay there as long as possible. If your brain doesn't have enough sugar to last through the night, you will wake up – not an ideal scenario when it comes to recovering from your day of training. An additional focus of getting to sleep quickly is associated with your body's production of hGH (human growth hormone). Human growth hormone is what makes you leaner and incorporates with other hormones necessary for complete recovery from the workloads associated with your training. With this being said, consume a highly dense snack or smoothie to help satisfy your brains need for sugar (from your liver) and your muscles needs for amino acids.

**Tuesday**

- **Body Analysis:** please use your Coach Robb Report Card to log this information for evaluation purposes
- **(Afternoon Workout) Complete Racing Solutions Combo Weight Workout: Muscular Endurance Phase 1**  
**[Please use the spreadsheet and associated videos listed at the bottom of this document]**  
**Workout notes:** come into this workout session mentally prepared to be challenged. Take extra precaution NOT to lose your form as you complete the exercises – this will only increase your chance for injury. Stretching in between exercises will help keep the muscles from cramping up and keep them performing at a maximum output level; with the shorter rep count, you will have the time.).  
**Pre-Hydration & Nutrition:** 10-15 minutes prior to this workout, consume 8-10 ounces of cold [Energy Fuel](#) to top off both your calories and provide electrolytes for proper muscle contraction. Note: cold fluids absorb better than warm fluids helping hydration.  
**Weight:** choose a weight that you can complete 10 reps with good form; maintain the same weight for second set  
**Speed of Lift:** quick off the bottom, slow (3 count) back to your starting point  
**Rep Count:**  
Upper Body the goal is to complete **8-10 reps max**  
Lower Body the goal is to complete **8-10 reps max**  
**Sets:** 2  
**Post Workout Protocols**
  - **Flexibility:** complete an [entire stretch routine](#) for your hips, hamstrings, quads, and calves
  - **Nutrition:** immediately consume [Recovery Fuel](#) to shorten your recovery window and replace depleted muscle sugar (making tomorrows workouts more productive).
- **Evening Protocols:** please reference Monday's notes



### Wednesday

- **Body Analysis:** please use your Coach Robb Report Card to log this information for evaluation purposes
- **(Morning Workout) Complete Racing Solutions Bike: Even Tempo (90')**

**Workout Notes:** keep a close eye on your HR throughout this ride to ensure that you are staying aerobic for maximum productivity (loosen tight muscles, get nutrients to torn down muscle tissue, etc.). Adjust your gearing to keep your leg turnover in the 80-90 range (no higher or lower to keep the accumulation of lactic acid to a minimum).

**Pre-Hydration & Nutrition:** 10-15 minutes prior to this workout, consume 8-10 ounces of cold [Energy Fuel](#) to top off both your calories and provide electrolytes for proper muscle contraction. Note: cold fluids absorb better than warm fluids helping hydration.

#### **Warm Up (HR Z1)**

**Duration:** 10 minutes

**Cadence:** 80-85 (no higher/lower)

**Gearing:** small chain ring up front, middle rear gearing

**Misc.:** stretch and hydrate before moving into your main set

#### **Main Set: 70 Minutes (HR Z2)**

**Set Notes:** with your cadence between 80-90; tallest gearing that you can maintain while keeping the chain tension tight and maintaining your cadence zone; every 10 minutes stand up and stretch your hamstrings, quads, calves and lower back.

#### **Cool Down: 10 Minutes (HR Z1)**

**Duration:** 5 minutes (no shorter)

**Cadence:** 80-85 (no higher/lower)

**Gearing:** small chain ring up front, middle rear gearing

**Misc.:** Notes: stretch your lower back, calves and quads prior to dismounting

#### **Post Workout Protocols**

- **Flexibility:** complete an [entire stretch routine](#) for your hips, hamstrings, quads and calves
- **Nutrition:** immediately consume [Recovery Fuel](#) to shorten your recovery window and replace depleted muscle sugar (making tomorrows workouts more productive).

- **Evening Protocols:** please reference Monday's notes

### Thursday

- **Body Analysis:** please use your Coach Robb Report Card to log this information for evaluation purposes
- **(Morning Workout) Complete Racing Solutions Combo Weight Workout: Muscular Endurance Phase 1**

[Please use the spreadsheet and associated videos listed at the bottom of this document]

**Workout notes:** come into this workout session mentally prepared to be challenged. Take extra precaution NOT to lose your form as you complete the exercises – this will only increase your chance for injury. Stretching in between exercises will help keep the muscles from cramping up and keep them performing at a maximum output level; with the shorter rep count, you will have the time.).

**Pre-Hydration & Nutrition:** 10-15 minutes prior to this workout, consume 8-10 ounces of cold [Energy Fuel](#) to top off both your calories and provide electrolytes for proper muscle contraction. Note: cold fluids absorb better than warm fluids helping hydration.

**Weight:** choose a weight that you can complete 10 reps with good form; maintain the same weight for second set

**Speed of Lift:** quick off the bottom, slow (3 count) back to your starting point

#### **Rep Count:**

Upper Body the goal is to complete **8-10 reps max**

Lower Body the goal is to complete **8-10 reps max**

**Sets:** 2

#### **Post Workout Protocols**

- **Flexibility:** complete an [entire stretch routine](#) for your hips, hamstrings, quads and calves
- **Nutrition:** immediately consume [Recovery Fuel](#) to shorten your recovery window and replace depleted muscle sugar (making tomorrows workouts more productive).

- **Evening Protocols:** please reference Monday's notes



## Friday

- **Body Analysis – please use your Coach Robb Report Card to log this information for evaluation purposes**
- **(Morning Workout) Complete Racing Solutions Bike: Even Tempo (90')**

**Workout Notes:** keep a close eye on your HR throughout this ride to ensure that you are staying aerobic for maximum productivity (loosen tight muscles, get nutrients to torn down muscle tissue, etc.). Adjust your gearing to keep your leg turnover in the 80-90 range (no higher or lower to keep the accumulation of lactic acid to a minimum).

**Pre-Hydration & Nutrition:** 10-15 minutes prior to this workout, consume 8-10 ounces of cold [Energy Fuel](#) to top off both your calories and provide electrolytes for proper muscle contraction. Note: cold fluids absorb better than warm fluids helping hydration.

**Warm Up (HR Z1)**  
**Duration:** 10 minutes  
**Cadence:** 80-85 (no higher/lower)

**Gearing:** small chain ring up front, middle rear gearing  
**Misc.:** stretch and hydrate before moving into your main set

**Main Set: 70 Minutes (HR Z2)**  
**Set Notes:** with your cadence between 80-90; tallest gearing that you can maintain while keeping the chain tension tight and maintaining your cadence zone; every 10 minutes stand up and stretch your hamstrings, quads, calves and lower back.

**Cool Down: 10 Minutes (HR Z1)**  
**Duration:** 5 minutes (no shorter)  
**Cadence:** 80-85 (no higher/lower)

**Gearing:** small chain ring up front, middle rear gearing  
**Misc.:** Notes: stretch your lower back, calves and quads prior to dismounting

**Post Workout Protocols**

  - **Flexibility:** complete an [entire stretch routine](#) for your hips, hamstrings, quads and calves
  - **Nutrition:** immediately consume [Recovery Fuel](#) to shorten your recovery window and replace depleted muscle sugar (making tomorrows workouts more productive).
- **Evening Protocols:** please reference Monday's notes

## Saturday

- **Body Analysis – please use your Coach Robb Report Card to log this information for evaluation purposes**
- **(Morning Workout) Complete Racing Solutions Bike: Even Tempo (90')**

**Workout Notes:** keep a close eye on your HR throughout this ride to ensure that you are staying aerobic for maximum productivity (loosen tight muscles, get nutrients to torn down muscle tissue, etc.). Adjust your gearing to keep your leg turnover in the 80-90 range (no higher or lower to keep the accumulation of lactic acid to a minimum).

**Pre-Hydration & Nutrition:** 10-15 minutes prior to this workout, consume 8-10 ounces of cold [Energy Fuel](#) to top off both your calories and provide electrolytes for proper muscle contraction. Note: cold fluids absorb better than warm fluids helping hydration.

**Warm Up (HR Z1)**  
**Duration:** 10 minutes  
**Cadence:** 80-85 (no higher/lower)

**Gearing:** small chain ring up front, middle rear gearing  
**Misc.:** stretch and hydrate before moving into your main set

**Main Set: 70 Minutes (HR Z2)**  
**Set Notes:** with your cadence between 80-90; tallest gearing that you can maintain while keeping the chain tension tight and maintaining your cadence zone; every 10 minutes stand up and stretch your hamstrings, quads, calves and lower back.

**Cool Down: 10 Minutes (HR Z1)**  
**Duration:** 5 minutes (no shorter)  
**Cadence:** 80-85 (no higher/lower)

**Gearing:** small chain ring up front, middle rear gearing  
**Misc.:** Notes: stretch your lower back, calves, and quads prior to dismounting

**Post Workout Protocols**

  - **Flexibility:** complete an [entire stretch routine](#) for your hips, hamstrings, quads and calves
  - **Nutrition:** immediately consume [Recovery Fuel](#) to shorten your recovery window and replace depleted muscle sugar (making tomorrows workouts more productive).
- **2 Hour Nap After Mid-Day Meal**

**Misc. Notes:** immediately following your lunch of high-quality greens and fruits, lie down in a dark cold room and strive to get two to three hours of sleep. This window of sleep will provide your body with the opportunity to release natural growth hormones to begin the recovery process from this morning's workout. When you wake up, immediately consume a fruit smoothie and a serving of amino acids to provide your body the building blocks necessary to repair your muscles.
- **Evening Protocols:** please reference Monday's notes



## Sunday

- **Body Analysis** – please use your Coach Robb Report Card to log this information for evaluation purposes
- **(Morning Workout) Complete Racing Solutions Bike: Even Tempo (90')**

**Workout Notes:** keep a close eye on your HR throughout this ride to ensure that you are staying aerobic for maximum productivity (loosen tight muscles, get nutrients to torn down muscle tissue, etc.). Adjust your gearing to keep your leg turnover in the 80-90 range (no higher or lower to keep the accumulation of lactic acid to a minimum).

**Pre-Hydration & Nutrition:** 10-15 minutes prior to this workout, consume 8-10 ounces of cold [Energy Fuel](#) to top off both your calories and provide electrolytes for proper muscle contraction. Note: cold fluids absorb better than warm fluids helping hydration.

### Warm Up (HR Z1)

**Duration:** 10 minutes

**Cadence:** 80-85 (no higher/lower)

**Gearing:** small chain ring up front, middle rear gearing

**Misc.:** stretch and hydrate before moving into your main set

### Main Set: 70 Minutes (HR Z2)

**Set Notes:** with your cadence between 80-90; tallest gearing that you can maintain while keeping the chain tension tight and maintaining your cadence zone; every 10 minutes stand up and stretch your hamstrings, quads, calves and lower back.

### Cool Down: 10 Minutes (HR Z1)

**Duration:** 5 minutes (no shorter)

**Cadence:** 80-85 (no higher/lower)

**Gearing:** small chain ring up front, middle rear gearing

**Misc.:** Notes: stretch your lower back, calves, and quads prior to dismounting

### Post Workout Protocols

- **Flexibility:** complete an [entire stretch routine](#) for your hips, hamstrings, quads, and calves
- **Nutrition:** immediately consume [Recovery Fuel](#) to shorten your recovery window and replace depleted muscle sugar (making tomorrows workouts more productive)
- **2 Hour Nap After Mid-Day Meal**

**Misc. Notes:** immediately following your lunch of high-quality greens and fruits, lie down in a dark cold room and strive to get two to three hours of sleep. This window of sleep will provide your body with the opportunity to release natural growth hormones to begin the recovery process from this morning's workout. When you wake up, immediately consume a fruit smoothie and a serving of amino acids to provide your body the building blocks necessary to repair your muscles.
- **Evening Protocols:** please reference Monday's notes

<b>Combo Weight Workout – Muscular Endurance Phase 1</b>			
<b>Warm Up</b>		<b>Date</b>	<b>Date</b>
<b>10 Minute Warm Up: Easy spin on the bicycle or even temp pull on the Concept 2 rower</b>			
<b>Lower Body Cycle: No Rest in between exercises - 1 Minute rest at the end of the complete cycle</b>			
<b>Walking Lunges - 20 Steps (Out and Back)</b>			
<a href="#">Instructional Videos: Walking Lunges</a>			
<b>Weight (Moderate)</b>			
<b>Rep 1 (8-10 with good form – be quick off the bottom of the lift/slow back to your starting point)</b>			
<b>Weight (Moderate)</b>			
<b>Rep 2 (8-10 with good form – be quick off the bottom of the lift/slow back to your starting point)</b>			
<b>Single Leg - Good Mornings</b>			
<a href="#">Instructional Video: Single Leg-Good Morning</a>			
<b>Weight (Moderate)</b>			
<b>Rep 1 (8-10 with good form – be quick off the bottom of the lift/slow back to your starting point)</b>			
<b>Weight (Moderate)</b>			
<b>Rep 2 (8-10 with good form – be quick off the bottom of the lift/slow back to your starting point)</b>			
<b>Single Leg - Calf Risers</b>			
<a href="#">Instructional Video: Single Leg Calf Raises</a>			
<b>Weight (Moderate)</b>			
<b>Rep 1 (8-10 with good form – be quick off the bottom of the lift/slow back to your starting point)</b>			
<b>Weight (Moderate)</b>			
<b>Rep 2 (8-10 with good form – be quick off the bottom of the lift/slow back to your starting point)</b>			
<b>Side Skaters</b>			
<a href="#">Instructional Video: Side Skaters</a>			
<b>Rep 1 (as many as you can complete in 30 seconds)</b>			
<b>Rep 2 (as many as you can complete in 30 seconds)</b>			
<b>Static Wall Squats (Goal 60 Seconds)</b>			
<a href="#">Instructional Video: Static Wall Squats</a>			
<b>Duration #1 (Pause and stretch your quads when you are finished to alleviate a muscle pull)</b>			
<b>Duration #2 (Pause and stretch your quads when you are finished to alleviate a muscle pull)</b>			

<b>Core &amp; Lower Back Cycle (No Rest in between exercises - 1 Minute rest at the end of the complete cycle)</b>	<b>Date</b>	<b>Date</b>
<b>Pike Position (Goal 60 Seconds)</b>		
<a href="#">Instructional Video: Pike Position</a>		
<b>Duration #1 (Roll over on your back and reach up and extend your toes - stretch your core)</b>		
<b>Duration #2 (Roll over on your back and reach up and extend your toes - stretch your core)</b>		
<b>Ab Roll Out On Fit Ball</b>		
<a href="#">Instructional Video: Abdominal Roll out on Fit Ball</a>		
<b>Rep 1 (8-10 with good form – be quick off the bottom of the lift/slow back to your starting point)</b>		
<b>Rep 2 (8-10 with good form – be quick off the bottom of the lift/slow back to your starting point)</b>		
<b>Abdominals On Fit Ball</b>		
<a href="#">Instructional Video: Abdominal Crunch on Fit Ball</a>		
<b>Weight (Moderate)</b>		
<b>Rep 1 (8-10 with good form – be quick off the bottom of the lift/slow back to your starting point)</b>		
<b>Weight (Moderate)</b>		
<b>Rep 2 (8-10 with good form – be quick off the bottom of the lift/slow back to your starting point)</b>		
<b>Pike - Push Up - Pike (30 Seconds)</b>		
<a href="#">Instructional Video: Pike-Push Up-Pike</a>		
<b>Rep 1 (as many as you can complete in 30 seconds)</b>		
<b>Rep 2 (as many as you can complete in 30 seconds)</b>		
<b>Super Man's On Belly</b>		
<a href="#">Instructional Video: Superman Strength Exercise</a>		
<b>Rep 1 (8-10 with good form – slow movement the entire range of motion)</b>		
<b>Rep 2 (8-10 with good form – slow movement the entire range of motion)</b>		

<b>Upper Body Cycle (No Rest in between exercises)</b>	<b>Date</b>	<b>Date</b>
<b>Clean &amp; Jerk/Shoulder Press On Indo Board™</b>		
<a href="#">Instructional Video: Indo Board Clean and Jerk Shoulder Press</a>		
<b>Weight (Moderate)</b>		
<b>Rep 1 (8-10 with good form – be quick off the bottom of the lift/slow back to your starting point)</b>		
<b>Weight (Moderate)</b>		
<b>Rep 2 (8-10 with good form – be quick off the bottom of the lift/slow back to your starting point)</b>		
<b>Single Leg - Bent Over Row</b>		
<a href="#">Instructional Video: Single Leg Bent Over Row</a>		
<b>Weight (Moderate)</b>		
<b>Rep 1 (8-10 with good form – be quick off the bottom of the lift/slow back to your starting point)</b>		
<b>Weight (Moderate)</b>		
<b>Rep 2 (8-10 with good form – be quick off the bottom of the lift/slow back to your starting point)</b>		
<b>Push Ups On Indo-Board (or on the floor with your eyes closed)</b>		
<a href="#">Instructional Video: Indo Board Push Ups</a>		
<b>Rep 1 (as many as you can complete in 30 seconds)</b>		
<b>Rep 2 (as many as you can complete in 30 seconds)</b>		
<b>Rotator Cuff Rotation on Fit Ball</b>		
<a href="#">Instructional Video: Rotator Cuff Rotation on Fit Ball</a>		
<b>Weight (Light)</b>		
<b>Rep 1 (8-10 with good form – slow movement the entire range of motion)</b>		
<b>Weight (Light)</b>		
<b>Rep 2 (8-10 with good form – slow movement the entire range of motion)</b>		
<b>Lat Drop-Triceps Press on Fit Ball</b>		
<a href="#">Instructional Video: Lat Pull Over-Triceps Extension</a>		
<b>Weight (Moderate)</b>		
<b>Rep 1 (8-10 with good form – be quick off the bottom of the lift/slow back to your starting point)</b>		
<b>Weight (Moderate)</b>		
<b>Rep 2 (8-10 with good form – be quick off the bottom of the lift/slow back to your starting point)</b>		
<b>Rear Deltoid on Single Leg</b>		
<a href="#">Instructional Video: Rear Deltoid on Single Leg</a>		
<b>Weight (Moderate)</b>		
<b>Rep 1 (8-10 with good form – be quick off the bottom of the lift/slow back to your starting point)</b>		
<b>Weight (Moderate)</b>		
<b>Rep 2 (8-10 with good form – be quick off the bottom of the lift/slow back to your starting point)</b>		

<b>Upper Body Cycle (No Rest in between exercises)</b>	<b>Date</b>	<b>Date</b>
<b>Deep Squats/Bicep Curl</b>		
<a href="#">Instructional Video: Deep Squat with Curls</a>		
<b>Weight (Moderate)</b>		
<b>Rep 1 (8-10 with good form – be quick off the bottom of the lift/slow back to your starting point)</b>		
<b>Weight (Moderate)</b>		
<b>Rep 2 (8-10 with good form – be quick off the bottom of the lift/slow back to your starting point)</b>		
<b>Incline on Fit Ball</b>		
<a href="#">Instructional Video: Incline on the fit ball</a>		
<b>Weight (Moderate)</b>		
<b>Rep 1 (8-10 with good form – be quick off the bottom of the lift/slow back to your starting point)</b>		
<b>Weight (Moderate)</b>		
<b>Rep 2 (8-10 with good form – be quick off the bottom of the lift/slow back to your starting point)</b>		
<b>Frankenstein's-Front/Middle Deltoids on Indo-Board (or single leg)</b>		
<a href="#">Instructional Video: Frankenstein's on Indo Board</a>		
<b>Weight (Moderate)</b>		
<b>Rep 1 (8-10 with good form – be quick off the bottom of the lift/slow back to your starting point)</b>		
<b>Weight (Moderate)</b>		
<b>Rep 2 (8-10 with good form – be quick off the bottom of the lift/slow back to your starting point)</b>		





**\*\* Complete one of the following after your strength workout \*\***

<a href="#">Instructional Video – Rowing</a>		
<b>2000 Meter Rowing</b>		
	Date	Date
Warm up for 200 Meters - Low Intensity		
1000 Meters at 80-85% Effort: Elapsed Time		
1 Minute Rest Interval		
1000 Meters at 80-85% Effort: Elapsed Time		
1 Minute Rest Interval		
1000 Meters at 80-85% Effort: Elapsed Time		
1 Minute Rest Interval		
1000 Meters at 80-85% Effort: Elapsed Time		
1 Minute Rest Interval		

<b>Bicycle Sprints</b>		
	Date	Date
Warm up for 2 Minutes - Low Intensity (Light Load Levels)		
2 Minute Acceleration 80-85% Effort - Distance Covered		
1 Minute Rest Interval		
2 Minute Acceleration 80-85% Effort - Distance Covered		
1 Minute Rest Interval		
2 Minute Acceleration 80-85% Effort - Distance Covered		
1 Minute Rest Interval		
2 Minute Acceleration 80-85% Effort - Distance Covered		
1 Minute Rest Interval		
2 Minute Acceleration 80-85% Effort - Distance Covered		
1 Minute Rest Interval		